

STAYWELL



www.intermountainpower.com

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Flu Shots

Free flu shots are still available to employees, spouses, and retired employees. Please contact Leslie Rasch at 6598 for an appointment.

All pre-holiday weigh-ins will need to be completed by November 24, 2010. Final weigh-ins begin on January 3, 2011. Remember that the first weigh-in will count as each participant's starting point. There will be no weighing in to see how much to lose that first week back. Each participant must report final results by January 10. Shift workers may report when they return on day shift; however, the final weigh-in must be reported by January 10.

Target '0' No Holiday Weight Gain

The holidays are quickly approaching. In addition to the shopping frenzy, many of us have the annual battle of holiday weight gain staring us in the face for yet another season.



To encourage employees and spouses to keep fitness goals and to keep weight from creeping up during the holidays, IPSC is once again offering the **Target '0'—No Holiday Weight Gain Program**.

Each employee who completes the program will receive two movie tickets. If a spouse is enrolled, the employee will receive an additional set of movie tickets (just for signing up the spouse!) If the spouse completes the program and does not gain weight during the holidays, he/she will receive another set of movie tickets. This adds up to a possible total of six movie tickets.

Registration forms and instructions will be available outside Brian's office. Individuals may also register by email or online at www.intermountainpower.com.

No Holiday Weight Gain Exercise Program

This year we are offering a bonus to the "**No Holiday Weight Gain Program**." If you log the required number of minutes of exercise from November 24 to January 3, you can receive a \$15 gift card.

Biggest Loser Program

Remember the **Biggest Loser Program** carries on throughout the year. On January 3, if a participant has successfully kept the weight off that was lost during the program, a bonus gift card will be awarded.



REMINDERS:

Always use the same scale for pre- and post- weigh-ins.

If requested, personal weights will remain confidential, or individuals may choose to track their own.

DE-STRESS-"Avoid the Blues"



Due to the successful outcome last year with the DE-STRESS program, we are offering it again this year. The goal is to not only beat the blues, but to reduce the stress that inevitably crops up this time of year. Here is what the program consists of.

Drink 8 to 10, 8-ounce glasses of water every day.

Eat enough vitamins and minerals via 8 servings of fruits, vegetables, or complex carbohydrate foods each day.

Stretch those muscles. Muscle tension intensifies stress. By stretching 10 minutes each day, muscle tension is reduced which ultimately contributes to less stress symptoms.

Take a stress and fatigue survey before and after the program. (This survey is on the tracking log.)

Relax and take a break. Make some time for yourself. Do things you enjoy. Get outside in the sun whenever possible. Read, listen to music, play with your pet, etc. Set aside at least 15 minutes each day for personal relaxation.

Exercise for 30 minutes to help stimulate and generate body warmth.

Socialize with others. Spend some time each day talking with coworkers while on break time or at lunch. Connect with family, friends, and don't discount new acquaintances. Establishing new friendships can often give a positive boost to the morale. Make a conscious effort to gravitate toward "sunny" individuals—persons who exhibit optimistic and happy outlooks.

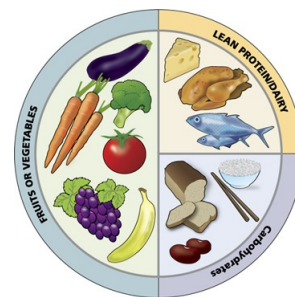
Schedule the day and plan time to perform the above activities. Score the tracking log daily.

Keeping a program log is simple. For each day one of the listed tasks is completed, mark the log. When 45 days have been logged—in at least 3 categories—turn in the tracking log to receive a gift card. If 6 categories are completed, a second gift card will be awarded.

Cancer Prevention

Research has demonstrated there could be a 60-70 percent decrease in breast, colorectal, and prostate cancers if healthier and more nutritious foods are consumed. Eating healthy foods and eliminating foods that are not as healthy could reduce other cancers, such as lung cancer. The traditional diet of the Western Hemisphere increases relative risk of cancer by 46 percent. This would include higher intakes of red meat, processed meats, sweets, desserts, french fries, and refined grains.

Nutrition plays a vital role in maintaining cellular health. When certain cells are deprived of vital nutrients they need to remain healthy, or enable them to heal correctly, breakdown occurs. This leads to DNA damage. For many, the body can repair the damage, but in some cases, it cannot. When this happens, the cells reproduce at a very high rate in a disorderly fashion. If these reproducing cells become large enough, they form a mass called a tumor that continues to grow, separate, and spread.



Lifestyle Guidelines to Reduce Cancer Risk

- Balance calorie intake with physical activity.
- Avoid excessive weight gain throughout life.
- Engage in 30 minutes of moderate physical activity five or more days each week.
- Eat and drink foods in moderate portions to control weight.
- Eat five or more servings of fruits and vegetables each day.
- Choose whole grains over refined grains.
- Limit the intake of processed meats.
- Limit alcoholic beverages to one per day.
- Avoid tobacco products.